

## **Abstract**

**Title:** Change of life quality in people undergoing the organized reduction program

**Objective:** The work objective is to find out a possible change of life quality after undergoing a three-month reduction course which consists of aerobic exercise and circuit training, as well as group work under the guidance of an instructor.

**Methods:** The data will be collected through the SF36 questionnaire. In the first phase of the project, the course participants will fill out a questionnaire which will be handed over to them before the commencement of the reduction program. In the second part of the project, the participants will fill out the same questionnaire after undergoing the course. Subsequently, I will analyse the results and assess the success rate of the program. Method - questionnaire survey.

**Results:** After undergoing a three-month reduction program, there were positive changes in quality of life. The effectiveness of the influence of the three-month reduction programme is seen primarily in the improvement of the psychological side of the individual. I find the lack of this study in a small set of probands, so I do not consider the results could be generalised.

### **Keywords:**

Obesity, physical activity, BMI, weight loss, methods of treating obesity